"DUSTY"

MILLER'S

BOXING

LESSONS

20p

"Dusty" Miller's
BOXING LESSONS

LESSON I.

(1) Target, on guard position (Explain on guard cannot be laid down as a definite position).

(2) Clenched fist, punches that count (i.e., Straight, Hooks and Uppercuts, landing on target with correct part of glove. Front of knuckles of either hand).

(3) Left at point and block guard (Stationary, i.e., Pupil steps in and makes lead at master's face, master blocks it with his right hand, and, after a pause counters at pupil's face with his left to ensure he has his right hand ready to protect himself for counter).

(4) Same as (3) but done quickly (i.e., Pupil judging his own time stepping in and out). This helps pupil to judge distance and maintain balance.

(5) Footwork. Master demonstrates. Then lets pupils practise on their own. Going round trying to put them right.

(6) Use of punch pad. Pupils taught how to hold pad. Only practise straight left. Helps pupils to punch stronger.

(7) Straight left at head and right hand deflection, master lets pupil lead, then does deflection. Then pupils practise deflection, first slow then quicken up. Impress it home on pupil that it is not necessary to retire in doing this.

(8) Straight left at mark. Pupil leads, master shows how to avoid it by doing right forearm deflection for same. In doing forearm deflection be sure to carry right-hand towards the left side of your face. (Done slowly first, then quicken up).

(9) Use of medicine ball. (Using footwork as in boxing but only putting with left hand as if leading at head).

(10) One round of free boxing. But only hitting with left hand as taught in this lesson. This helps pupils to control themselves.

LESSON II.

(1) Two minutes footwork (Done in pupils' own time, used as a warm-up).

(2) Straight left at head and blockguard for the counter. (Refresh memory).

(3) Right hand deflection against a straight left at head, and counter left at body. (Master, when leading with his left, places his right hand over his heart, then pupil can punch harder when countering).

(4) Forearm deflection against a straight left to body, and counter left to head. Master leads to body; pupil does deflection and counters with his left to master's head.

(5) Punch pad practice, only using punches taught. (This teaches control).

(6) Teach feint attack, i.e., A pretended attack at head or body; if opponent's guard is to be drawn the feint must be expressive; if feint is successful carry on with attack at opening made.

(7) Medicine Ball practice. Only using left hand to put ball forward, as if punching with a straight left.

(8) Slipping outside of a straight left to head. Pupil leads to master's head, master slips his head to his own right or outside of attack. (Then pupils practise).

(9) Same as (8) but followed by counter left to body. As master leads at pupil's head he places his right hand over his heart; so that when pupil does the counter he can punch hard.

(10) A round of free boxing trying all moves taught.

LESSON III.

(1) Two minutes footwork. (Pupils practise on their own).

(2) A round of boxing; only hitting with left hand.

(3) Slipping inside of a left lead at head. Master demonstrates; i.e., pupil leads at head with a straight left; master slips his head to his own left, i.e., inside of attack. Then pupils practise.

(4) Punch pad practice (doing all punches taught).

(5) Same as (3) and followed with right hand cross counter. Master demonstrates, then pupils practise, i.e., master leads with a straight left at pupil's head, pupil slips inside of attack and punches at master's head with his right hand, to be sure of catching master on jaw, pupil should carry his right hand over master's left bicep. (A right hand cross counter).

(6) Feint attack, followed with straight left, i.e., make a pretended attack at opponent, if successful, punch at opening made with your left. Teaches pupil to punch full length of his left, i.e., judge his distance.

(7) Shadow boxing. (Impress it home on pupils the importance of imagination, think what the other fellow may do).

(8) Same as (3) followed by a right to body. (Master leads to pupil's head with a straight left, pupil slips inside of it and then immediately punches with his right hand at master's body). For practice master puts his right hand over his heart when leading, pupil can then punch harder.

(9) Repeat all attacks, and deflections, slippings, no countering (this practice teaches greater control).

(10) A round of free boxing (using all lessons taught).

LESSON IV.

(1) Two minutes footwork (done freely).

(2) A round of boxing, only hitting with left hand.

(3) Teach swaying away from an attacking left hand. Pupil steps in to the attack at head with a straight left, master throws his body backwards, at same time carrying his rear foot slightly backwards, this helps him to maintain his balance. Then pupils practise.

(4) Straight right hand cross counter, against a straight left lead at head. As opponent leads with his straight left at head, pupil shoots his right hand straight over opponent's left wrist, directing his blow at the chin (no other movement necessary).

(5) Punch pad practice, using all punches taught.

(6) Left at head or body, deflections and countering with left hand only. (Teaches control).

(7) Teach uppercuts, i.e., master demonstrates. Pupil leads a left at master's head, master carries his right forearm across his face, catching pupil's left hand on it, then punches upwards with his left hand at pupil's chin.

(8) Right hand uppercut. If opponent leads at you with his right hand, carry your left hand across your face, this should ensure you catching his right hand on your left forearm, quickly punching upwards with your right.

(9) Use of Medicine Ball.

(10) A round of free boxing, using anything taught.

LESSON V.

(1) Two minutes footwork (done freely).

(2) A two-minutes round of boxing, only using left hand.

(3) Feint left followed by left hook. (Master demonstrates). Pupil then tries the same, i.e., pupil makes a pretended at attack with his left hand at master's body, then takes a quick step to his left front, at the same time hooking at master's head with his left hand. (Master carries his left hand to the right side of his face, so that pupil can punch harder.

(4) Forearm guards for left or right hooks to head. Pupil makes a left hook to master's head, master carries his right forearm towards the blow. The opposite action is required if opponent tries a right hook.

(5) Use of punch pad, trying all punches been taught.

(6) Same as (4) followed by left or right counters to body.

(7) Ducking left hook to head. (Master demonstrates). Pupil leads at master's head by making a feint attack, and left hook, master carries his head to his own left at the same time rolling his body forward and to his right, this carries his body under and to the right of the left hook.

(8) Use of medicine ball.

(9) Shadow boxing, practising all things taught.

(10) A round of boxing using all lessons taught.

LESSON VI.

(1) A round of two minutes footwork.

(2) A round of two minutes boxing only using left hand.

(3) Side-stepping to right of a left attack at head, pupil leads a straight left at master's head, master quickly takes a short pace to his right front, this should ensure him clearing the attack, and put him in position for a left to opponent's body. Then pupils practise. The opposite movements are required if side-stepping to your left.

(4) Use of punch pad, using all punches that have been taught.

(5) Same as (3) and followed with a left hook to body.

(6) Time hitting or beating opponent's lead. This requires practice, and good judgment of opponent's speed and distance. As opponent steps in to lead at you take a short step backwards with your rear foot, at same time punching straight out with your left.

(7) Feint attack followed by a right at opening made.

(8) Ducking left hook to head, followed by left hook to body.

(9) Side-stepping a straight left at head, counter right to head. Pupil leads left at head. Master takes a pace direct to his right with right foot. This helps him clear of his opponent's attack and puts him in good position for right counter to head.

(10) A round of free boxing, using both hands.

LESSON VII.

(1) Two minutes footwork (done freely).

(2) A round of boxing using left hand only.

(3) Straight left at head followed with a straight right to body. (If successful in landing on your opponent's head with your left, quickly punch at his body with your right).

(4) Ducking a straight left at head, and counter with a quick right and left to body. (As opponent leads his left at your head, bend your knees slightly and punch with your right hand first, followed with your left). .

(5) How to get into close quarters, for infighting. This depends on the type of boxer your opponent is. If he is a stand-up boxer, try to make him lead, then either slip inside of his lead, or duck under it. If he is a two-handed fighter, carry your hands well forward in front of your face, carrying your head slightly forward at the same time.

(6) Infighting. If successful in getting inside your opponent's attack, keep inside his arms, so that he has a harder task to hit straight.

(7) How to get out of a corner if forced there and not being able to fight back. (As your opponent is punching at your body with his left hand, try to get his left upper-arm with your right hand, at the same time take a pace to your right front with your right foot, this should turn him towards the ropes. This, of course, must be a surprise movement to be successful).

(8) Covering up when forced on the ropes and not being able to fight back. (Carry your arms across your body slightly carrying your body forward at the same time, arms should be slightly apart, keeping your eyes a little above the top arm).

(9) Variations of speed when attacking. To deceive your opponent. (This requires a lot of practice, and varied according to the speed of your opponent).

(10) Repeat any lessons pupils are not sure of.

LESSON VII—*continued*.

How to train a boxing team, i.e., a large number in a short time.

FOUR RING PRACTICE.

In doing the four ring practice, the whole of team should be told their different parts before being split up into the separate rings.

On the command Time, all commence to work.

No. 1	No. 2	No. 3	No. 4
Pupils practise a given Lesson.	A pair Boxing.	Pupils doing any Training Exercises they like to do.	A pair punching the Pad, changing over at half the time of the round.

The method of changing from one ring to the other is as follows :—

A pair from No. 1 ring go to No. 2 ring, a pair from No. 2 ring go to No. 3, a pair from No. 3 ring go to No. 4, a pair from No. 4 ring go to No. 1. This is continued until all have been through the four rings.

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